

Read This Article To Know About The Phobia Of Long Words

Sometimes while reading, you could run over a long word that makes you stop. It requires a second, or a couple, to sound out the word.

For some, being new to a long word is certainly not a joking matter, yet it's a [phobia of long words](#) for others.

If you have a phobia of long words, you could stay away from them altogether.

Hippopotomonstrosesquippedaliophobia is the fear of long words. Amusing, right? It's likewise alluded to as sesquipedalophobia (a Latin expression that signifies "long word").

When this phobia includes a fear of experiencing a long word while reading out loud or in a social context, it very well may be viewed as a sort of social phobia.

This article will cover the diagnosis and symptoms of **phobia of long words** like Hippopotomonstrosesquippedaliophobia.

Definition

Hippopotomonstrosesquippedaliophobia is the fear of long words. This condition is viewed as a social phobia. Fifteen million Americans live with a social phobia.

The fear of long words is unmistakable. Certain individuals might fear long words with many syllables, while others fear obscure words.

Certain individuals could have an abhorrence for familiar words of moderate length.

A social phobia is a point at which you have an irrational fear of being judged or dismissed by a particular social situation causing you debilitating anxiety.

If you have a social phobia, you could keep away from social situations altogether out of fear of seeming awkward or anxious.

You may likewise experience physical symptoms with a social **phobia of long words**, for example, nausea, rapid heart rate, or even a full-blown panic attack when standing up to your fear.

Symptoms

If you're living with this phobia and run over a long word, it could cause you anxiety. You might stay away from the word altogether or shut down.

It's conceivable you may likewise feel humiliated assuming you can't read the word.

Symptoms of **phobia of long words** include:

- Reading avoidance
- Sweating
- Dry mouth
- Fainting
- Anxiousness
- Nausea
- Lack of control
- Shortness of breath
- Dizziness

Diagnosis

Regularly, you'll talk about this condition with your primary healthcare provider first. Your provider will then, allude you to a licensed mental health professional.

During your most memorable arrangement, you'll answer some admission forms. The mental health provider will likewise ask you a few inquiries regarding the explanations behind your visit to lay out a legitimate Diagnosis.

Commonly, you'll talk about this condition with your primary healthcare provider first.

The diagnosis of a social **phobia of long words** as per the DSM-5 incorporates the accompanying:

- The fear or anxiety is constant, and the social situation is unreasonably stayed away from.
- Fear, anxiety, or evasion that causes clinical distress
- Tireless, serious fear or anxiety regarding explicit social situations since you accept you might be judged adversely, humiliated, or embarrassed
- Unnecessary anxiety that is messed up about the situation
- Anxiety or distress that disrupts your day-to-day living

Causes

Several factors can cause a social **phobia of long words**. They incorporate the accompanying:

- Hereditary qualities: Having a relative with a social phobia puts you at an expanded gamble of creating one too.
- Environmental factors: Distressing or horrible youth experiences can add to the improvement of a social phobia.
- Learned behavior: Seeing others experience the feared situation, or living with the phobia, incorporating experiencing childhood in a family where a grown-up of importance, like a parent, had a fear of long words.
- Parenting style: Having controlling or critical parents can add to the improvement of a social phobia.
- Brain function: If you have a social phobia, there's logically a lopsidedness of neurotransmitters in your brain.